



# Carolinan RegionNews

[www.egacarolinas.org](http://www.egacarolinas.org)

2<sup>nd</sup> Quarter, May 2025  
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The Carolinas Region, EGA includes 15 chapters located in North Carolina, South Carolina, and parts of Georgia and Virginia representing about 300 members.

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## Message from the Region Director

### What a Weekend! What a Retreat!

*Submitted by Gail Smith, Carolinas Region Director*

I hope that all of you who attended the **Carolina's Spring Retreat** at beautiful Lake Junaluska had a wonderful experience. Seeing all of you again, hearing about what you have been doing, listening to your future plans, for me was a treasure. Being RD has put me in contact with so many more of you in our Region, it has to be one of my favorite things about this job.

The weather was better than last year, once the last rainstorm blew thru the area. It was great to see so many of you again, supporting the Region by attending. The CAR is home to 15 chapters. I was so touched to learn that 13 chapters were represented at our Spring Retreat. That is the first time, for me, that so many chapters attended. Plus, a whopping 13 First Timers joined us: 9 are already chapter members, 4 are potential members!

**(RD cont. on p. 2)**

Calendar/Events/Important Dates	
6/2025	Registration for CAR Fall Retreat opens
9/26 – 9/28/2025	CAR Fall Retreat, Rock Hill, SC
11/12 – 11/16/2025	EGA 2025 National Seminar: Needlework Faire, Dallas, TX
10/9 – 10/15/2026	EGA 2026 National Seminar: Wish Upon a Stitch, Orlando, FL

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*The mission of the Embroiderers' Guild of America is to inspire passion for the needle arts through education and the celebration of its heritage.*  
<https://egausa.org/>

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So, why is it that I feel more energized after a retreat or seminar? Do you feel the same way? Is it seeing all the different projects in process? By the way, Susan MacRae (Aiken Stitchin' Belles chapter) brought her 'petite project' from last year. I hope you wandered over to see it. It's a whole new definition of Work in Progress. What about those totally over-the-top nutcrackers by Lynn Mason? I believe I saw cross-stitch, hardanger, blackwork, stumpwork, thread painting, needlepoint, crewel, and canvas work all going on.

The Florence chapter has gifted the Region a smaller version of the **Region banner**, the one designed by Laura Smith a couple of years back. This is something that can be used at retreats and seminars, as a table banner or hung on a wall, whereas the larger one is part of the Festival Boxes that chapters may use when participating in festivals, fairs, or such. It was a most unexpected and very kind gift from the Florence chapter, and the Executive Committee and I say a very warm Thank You.

I got the impression you thought that the **Teaching Tables** were as impressive as I thought they were. Did you know that you were getting up & moving around when you went to listen at a table? That was our attempt to have you move a bit after you had stitched a while.

The presenters (Susan Winters, Terri Goodwin, Leslie Brady, Carole Overton, and Janet Noble twice) all did a fantastic job. They each brought their subject to life, giving you other information you never knew you never knew. Keep the handouts to share with others.

[*Editor's note:* We will publish the handouts in *RegioNews*, starting with this issue. See article starting on page 8.]

I am just so very pleased that the presenter & subjects were so successful. I gave the Region Director of the Great Lakes Region a call to thank her for talking about the version that they have at their events. That is where I got the idea for us to try.

By the way, did you actually LOOK at the **Hoppportunity Baskets**? They were amazing, just amazing. The chapters really outdid themselves. I don't know about you, but all y'all might want to do some weightlifting between now & next year. I'm just saying . . .

Oh yes, **about next year**. The TVR RD & I had seriously discussed our putting on a joint event next spring, but in the end the feeling was that there wasn't enough time to send out the request for teacher proposals with enough time for them to get something ready to teach next spring. I thank you, Chapter Presidents & Region Reps, for your vote of confidence to explore the possibility of a joint venture. Perhaps in the future, but not next year. As of now, our spring event will be just CAR holding something: Plans are just beginning!

**(RD cont. on p. 3)**

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So, we say a fond farewell to Lake Junaluska. The last 2 Spring Retreats were fun to hold there, but it is time to look to the East for our next Spring Retreat location. Can we find a location somewhere along the eastern seaboard & experience spring at the beach? I like coming back to Rock Hill for the Fall Retreat, so let's just see what is out there for us to explore in the springtime of 2026.

Yours in stitching, Gail Smith  
Carolinas Region Director

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## ***Chapter Chatter: What's Going On?***

### ***Cary Regional Library: what a welcoming venue for our Cardinal chapter... and more!***

*Submitted by Graciela White, EGA Cardinal Chapter President/Cardinal's Song Newsletter Editor*

Back in December, 2023, I shared with *RegioNews* this wonderful experience at Cary Regional Library when we first participated in the "Meet the Artist" program. Our introductory stint was in October of the same year when some of us gathered at a table on a Sunday afternoon to share information about our chapter.

Since then, we have become frequent flier visitors: We have been to the library on 3 more occasions - April and October, 2024, and more recently on March 30, 2025. We bring projects of all sizes to showcase and to be living proof that there is a journey in this space and you have to start small to be able to grow. We have also assembled bookmark cross-stitching kits to hand out to interested patrons. This is a very rewarding experience because it brings us together as a guild, fosters collaboration, and promotes new ideas.

So, what happened next? As an aftermath of this ongoing successful experience at the library, our chapter decided to meet there to stitch in public in the afternoons of the first Sunday of the month. Since our very first visit in the summer of 2024, we have enjoyed a small but faithful group of guild members who gather in the same corner of a very well-illuminated 2nd floor to share projects, tips and even brainstorm ideas for future programs. Attendance varies but all that matters is to have fun and build relationships. I would like to share kudos with the habitués: Corinne Burr, Julie Papay, Gail Smith, and Mary Stewart, for their enthusiasm and leadership. I must confess that I still have a lot to learn about embroidery but this group makes it very enjoyable and is certainly non-judgmental.

Furthermore, you may -or may not- wonder how much our Cardinal chapter goes around

***(Cardinal cont. on p. 4)***

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stitching in public? Well, in addition to roaming around the Cary Regional Library, some of us have been meeting weekly at Lorraine's, a local coffee shop, on Thursdays at 10:30 am. If you happen to be in town, more precisely in the Garner area, don't miss this opportunity to meet talented embroiderers and sip the best coffee ever!

Finally, I do hope that you have fun stitching wherever you are. Let's keep the art of embroidery alive!

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## ***Piedmont Goes to Town***

*Submitted by Heather Rushforth, President*

Members of the Piedmont chapter held a Stitch-in-Public day at Stock and Grain Food Hall in High Point, NC. This photo was taken early on in the day. We eventually had about 20 people show up throughout the day. About half of us were members, so lots of new folks. We met 4 brand new stitchers that we taught to stitch.



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## ***Chicora Stitchers Are Busy***

*Submitted by Jane Toll, Secretary*

The Chicora Stitchers' program for 2024 was the GCC "Love and Laughter" mini sampler, led by Melanie Scott. It was a great opportunity to try many new and interesting stitches in a variety of colors, and then to have our pieces critiqued (gently, of course!) was very useful.

At our Holiday luncheon in December, we said goodbye to a long-time member, Pat Vera, who was moving back to Connecticut to be nearer to family members. She will be missed.

***(Chicora cont. on p. 5)***

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In January, member Margaret Fain started the year by helping us to stitch decorated felt magnets. The bullion knots around the edge were quite a challenge for most of us, and I did wonder whether beads might not be easier, but we persevered.



Then in February/March, Katrina Lawrimore along with Jennifer Markham, Melanie Scott, and Evelyn Hugley put together a display of our work in the Georgetown Library. We are told that everyone who saw the display was thrilled by it, and there were some business cards for people to take, but so far no inquiries. We have 3 new members, so we are maintaining the size of our small chapter, but it has been difficult to recruit.



In April, Katrina started working with us on the Petite Project, Overdyed Spools. Another challenging project to begin with; at least, identifying the repeats in the overdyed threads then cutting the threads was pretty scary! But the stitching is turning out to be lovely.

We continue to meet in the stitching room at the Barefoot Needleart cross stitch store. It has great lighting and is very convenient if we need to pick up stitching.

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## ***Florence Formulates New Plans***

*Submitted by Marguerite Ewing*

The Florence Chapter of the Carolinas Region EGA is going to be busy this year. Recruiting new stitchers has become a priority, and our small but active group stands ready.

Advertising and participation in local events were top on the list. The Region has a wonderful Festival Kit available for large events, but it was too bulky for the small events we are planning. With the help of Laura Smith and Carole Overton, we gathered images of the large banner designed by Laura Smith. National Office was approached, and approval was given to make a smaller banner. This banner would be the same as the original one, but



smaller to fit on a 6-foot table. A local manufacturer, The Sign Zone, digitized the photo and produced a wonderful 4X3 foot full color vinyl banner. There are metal grommets for attaching it to a table.

With the banner printed, National Office sent us a box of pamphlets to distribute at the events. Our first opportunity came just a few weeks later. We were invited to participate in a fund raiser/craft event to raise money for the local food bank. We secured a spot. We weren't selling anything, but wanted to give away small beginner cross stitch kits. We found some wonderful old graphs (from 1907) from DMC printed before they came to the USA.

***(Florence cont. on p. 7)***





Members donated fabric and thread and we put these kits together. We also had finished pieces to show the different stitching techniques.

We set up and had a wonderful time talking to people and telling them what EGA was all about.

Our plans for the rest of the year include setting up at the local libraries as well as setting up at the outdoor markets this summer.

Recruitment is vital to secure the future of the stitching crafts. I urge every Chapter to get active and have fun!!

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## ***Grandma Hobbies? Not By a Long Shot!***

*Submitted by Carole Overton, Interim RegioNews Editor*

I recently came across an article published in Good Housekeeping. This article, entitled “Why ‘Grandma Hobbies’ Could Be the Secret to Better Mental Health,” was written by Marisa LaScala. It makes for some interesting reading:

<https://www.goodhousekeeping.com/life/a64174154/grandma-hobbies/>

LaScala lists some benefits of our “old-fashioned” hobbies. Maybe others will now find out what we have known all along!

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### ***In case you missed it: Spring Retreat 2026 – Revised Plans***

Although at the Spring Retreat 2025, Gail Smith, our Region Director, proposed the idea of sponsoring a spring seminar jointly with the Tennessee Valley Region (TVR) in 2026, those plans did not work out. Therefore, your CAR officers are going to start planning our own event for next spring. We will give you more information as it develops.

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## ***Spring Retreat 2025: What a Lot to Learn!***

*Submitted by Carole Overton, Interim RegioNews Editor*

As you may have already read in the message from the Region Director earlier in this issue, our Spring Retreat in Lake Junaluska was filled with beautiful and creative needlework, lots of friendly people eager to share their stitching stories, an evening of fun and games, and opportunities to learn about a range of needlework-related topics. It was a relaxing, stimulating, and inspiring weekend.

The learning experience sessions were called “Teaching Tables.” It was clear that each presenter had put a lot of thought into her discussion, bringing handouts to share, examples when appropriate, and sharing her own experiences with the topic at hand.

All of the presenters have graciously allowed us to share their handouts with our region, so we will be publishing one or two per issue, starting with this issue of *RegioNews*. Keep in mind that in some cases these handouts were actually the speaker’s notes rather than intended to be shared. Nevertheless, we think you will find these helpful.

***(Retreat cont. on p. 9)***



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The topics and presenters are listed below:

<b><u>Topic</u></b>	<b><u>Presenter</u></b>
Fabrics	Susan Winter
Needles	Teri Goodwin
Threads	Janet Noble presenting for Besty Morgan
Frames	Lesley Brady
Calculating Fabric Size Needed	Carole Overton
Tools	Janet Noble

Susan Winter, our presenter on Fabrics, sent this disclaimer along with her packet:

Here is the handout for the newsletter. I made every attempt to present accurate information and fact checked as much as possible the information that I found on the internet. Like anything that is found on the web, there could be information that I used that was inaccurate.... Thanks bunches for the opportunity!

Click on this link to see Winter's handout packet about Fabrics:

<https://www.egacarolinas.org/wp-content/uploads/2023/04/The-Fabric-of-Our-Stitches-CAR-EGA-Spring-Retreat-2025.pdf>

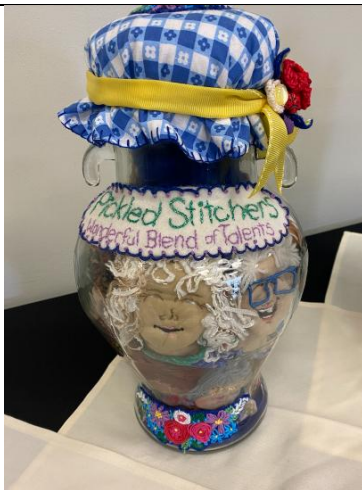
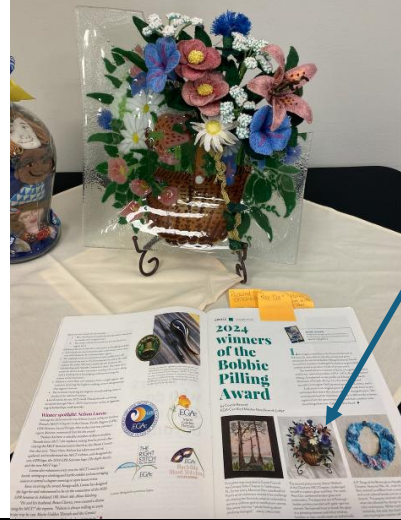
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## ***PHOTOS of the 2025 CAR Spring Retreat***

In addition to seeing everyone's stitching, having teaching tables, ogling the "hoppertunity baskets," and playing games, we were lucky enough to have a special display of two pieces by Karen Wallach, a member of the Charlotte chapter, whose work has recently been featured in EGA/s magazine, *Needle Arts*. (See photos on next page.)

“Piece Out” created by Karen Wallach for the Bobby Pillings Award at 2024 EGA Seminar in Atlanta. The theme for this award was “Thinking outside the box.” Karen took a plate and broke it. Then she recreated the missing piece with stump work embroidery.

As you can see, this piece was featured as the second-place winner in the *Needle Arts* article about the Bobby Pillings Award (March 2025, p. 23).



“Pickled Stitches” created by Karen Wallach for the 2024 EGA Seminar in Atlanta, Preserving Needle Arts. Karen put all the talented instructors she has had over the years in a jar and preserved their teachings.

A picture of this piece is included in an article in *Needle Arts* featuring the 2024 winners of the Golden Needle Award (March 2025, p. 26). This piece won the “Best Use of Theme” ribbon.

The photos on the following pages were submitted by Lesley Brady, Karen Wendorf, and Susan MacRae. Many thanks to them!









### ***Seeking Comments***

If you attended our Spring Retreat at Lake Junaluska, we'd love to hear what you thought about it. Did you attend any of the teaching tables? If so, did you feel they were worthwhile? Did you enjoy have a relaxed weekend to work on your stitching or to talk with other stitchers (old friends and new)? We'd love to have your feedback.



## EGA Chapter Reporting Requirements

**Attn:** Chapter presidents, region reps, and editors: it is your responsibility to be sure your membership officer, secretary, and treasurer know when and where to send these items.

WHAT	WHEN	WHERE
1. Minutes of board and general meetings (unless included in the chapter's newsletter)	Within the month	Region Director
2. Membership roster (Life and Plural members)	Within the month	Region Director; CAR Newsletter Editor; Website Coord.
3. Region dues and membership information (Life and Plural members)	Within the month	Region Treasurer
4. Chapter newsletters	When sent to members	Region Director; Assistant Region Director; Editor, RegioNews; Region Outreach Chair
5. EGA Chapter Officer Change List (EGA Form)	Within 2 weeks of election	Region Secretary; Region Director
6. Education questions/information	As needed	Region Director of Education
7. Annual chapter report	By December 1	Region Director
8. Annual financial report	By February 15	Region Director; EGA Headquarters

### Carolinas Region Executive Committee

Region Director	Gail Smith	regiondirector@egacarolinas.org
Assistant Region Director	Julie Anderson	asstregiondirector@egacarolinas.org
Director of Education	Janet Noble	education@egacarolinas.org
Secretary	Marguerite Ewing	secretary@egacarolinas.org
Treasurer	Elizabeth Little	treasurer@egacarolinas.org

### Committee Chairs

Bylaws	Becky Buie	bylaws@egacarolinas.org
Community Outreach	Millie Strobel	outreach@egacarolinas.org
RegioNews	Carole Overton	regionews@egacarolinas.org
Seminar Director		seminardirector@egacarolinas.org
Website Coordinator	Carole Overton	website@egacarolinas.org

### Nominating Committee

Dee Pierce, Chair	(2024- -2027)	nominatingchair@egacarolinas.org
Katrina Lawrimore	(2025 - 2028)	nominatingchair@egacarolinas.org
Nancy Gannon	(2025 - 2028)	nominatingchair@egacarolinas.org